

SYLLABUS DE COURS

Intitulé du cours : Self management			
Nom de l'enseignant : SAINTE ROSE		Prénom de l'enseignant : Guy	
Périodicité :	Annuel <input type="checkbox"/>	Semestriel (1) <input checked="" type="checkbox"/>	Semestriel (2) <input type="checkbox"/>
Niveau d'enseignement concerné :			
	1 ^{ère} année <input type="checkbox"/>	2 ^{ème} année <input checked="" type="checkbox"/>	4 ^{ème} année Master 1 <input type="checkbox"/>
	5 ^{ème} année Master 2 <input type="checkbox"/>	Cours spécifique étudiants internationaux <input type="checkbox"/>	
	Conférence de Méthode <input type="checkbox"/>	Cours Magistral <input checked="" type="checkbox"/>	

Objectifs pédagogiques du cours :

Career and Professional Development coaching helps people choose, change and advance their career goals. Discover Self Identify your strengths, skills, interests, personality and style. Get “Unstuck” – Take Action Resume writing, interviewing, job search help and more. Explore Occupations Research and identify careers and jobs that fit your needs. Achieve Your Dreams : Personal and small business development planning.

Through workshops, coaching and lots of practice, participants learn “hands-on, how to” career management. Detailed instructions that are instantly applicable in “the real world”. Everything is explained in “plain English” with the structure to keep candidates on track, plus plenty of examples and templates to follow.

Contenu / descriptif du cours :

Leadership Coaching Workshop: The leadership challenge focuses on how to be a successful leader. This workshop presents five practices that individuals can put into action to bring out the best in themselves and those they lead. The leadership Challenge workshop improves your ability to put into action the Five Practices of Exemplary Leadership : model and become a leader who Models the way, Inspires a Shared Vision, Challenges the Process, Enables Others to Act, and Encourages the Heart.

Through interaction, coaching and lots of practice, participants learn key coaching skills, including :
-Listening Actively -Asking Empowering Questions -Designing Actions -Following Up

Using coaching skills, you will be able to support people to : - Gain focus - Move from vision to action - Achieve goals faster - Make better decisions - Broaden perspectives for innovative solutions - Learn new skills to take the next step - Contextualize efforts

This in turn results in increased effectiveness, more teamwork, higher morale, longer retention of people and greater impact.

Indications bibliographiques :

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